CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability.

WHO ARE CAREGIVERS?

12% are women

38% are 65 years old or older

32% are caring for a parent or parent-in-law

9% are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Over Half have provided care for at least two years

INTENSE
Nearly 30% have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Over 75% manage household tasks

Nearly half assist with personal care

FUTURE CAREGIVERS

1 in 8 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

* Active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

cdc.gov/aging


1 in 5 Veterans are caregivers

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